



# 30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

## Detailed evaluation

**Schmidt, Alexander**

Club: Warendorf

Number: 848

Course: 10.00 km

Volkslauf

Category:

Männer M20

Total time: 49:08

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 60 (of 167)

Rank in course/Men: 54 (of 127)

Best time in course: 34:12

Rank in category: 8(of 12)

Best time in the category: 42:40